



Welcome to our Salt Cave Halotherapy & Wellness Centre!
Our Salt Cave Halotherapy & Wellness Centre
is a natural holistic centre with integrated complementary services
that will be able to rejuvenate your health and maintain your well-being.

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Yoga & Meditation Classes



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Charges for this service per person per session ranges from \$ 100.00 onwards

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Our *Salt Cave Halotherapy & Wellness Centre* is a natural holistic centre with integrated complementary services that will able to rejuvenate your health and maintain your well-being.

Yoga & Meditation Classes at our centre *Salt Cave Halotherapy & Wellness Centre* offered only on specific days and times; therefore appointments are compulsory. This special service allows you to take advantage of a combination of *Yoga & Meditation* and *Salt Cave Halotherapy*, which may have additional benefits for you. We have developed



our own inhouse modality “*Breath & Stretch Classes with Salt Cave Halotherapy*” which we teach during *Yoga & Meditation Classes* and it has been recognised by *International Institute for Complementary Therapists* (<https://www.myiict.com>). If you wish to attend our *Yoga & Meditation Classes*, we need a minimum number of 2 (TWO) clients at any time to enable us to provide this



service. To accommodate urgent needs we can arrange a class for 1 (ONE) client as per mutual understanding. Most of the structures at our *Salt Cave Halotherapy & Wellness Centre* have been made from *Himalayan Rock Salt blocks*. All of the *Himalayan Rock Salt* that we use has been retrieved from the world’s best *organic Himalayan Rock Salt Caves*. You will get benefits of the *Himalayan Rock Salt* by having any sessions in our premises. The *Himalayan Rock Salt* attracts positive ions from you and replaces negative ions in your body. The founder with extensive medical background and experience together with the support of a highly competent team proudly bring this *Yoga & Meditation Classes* service to you. The staff are *Certified Salt Halotherapist* and *Yoga & Meditation Class* provider and registered with *International Institute for Complementary Therapists* (<https://www.myiict.com>). We use one of the world’s best *Halogenerator* systems in our centre. Each of the devices used in the *Salt Cave Halotherapy & Wellness Centre* have been approved by one or more of these following bodies: *CE, FDA, MSDS, SGS, TGA*.

Yoga is a physical, mental, and spiritual practice or discipline which originated in *India*. *Yoga* is generally referred to as one of the schools or systems of *philosophy (darśana)* and *yoga* is



usually described in connection with other words, such as “*hatha-, mantra-, and laya-*,” referring to traditions specialising in particular techniques of *yoga*. Among the most well-known types of *yoga* are *Hatha yoga* and *Rāja yoga*.

The origins of *yoga* have been speculated to date back to *pre-Vedic Indian* traditions but most likely developed around the *5th and 6th centuries BC*. The chronology of earliest texts describing *yoga* practices is unclear, but varyingly credited to *Hindu* and *Buddhist Religions*.

The ultimate goal of *Yoga* is *moksha (liberation)*, although the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.

Meditation practice involves engaging in an activity that directs the mind to single



point of focus, using breathing techniques or imagery in order to feel a state of calmness. It allows one to recognize the flow of thoughts and sensations without becoming involved with these factors, eliminating outside distractions to achieve a sense of higher awareness. The English meditation is derived from the Latin *meditatio*, from a verb *meditari*, meaning “*to think, contemplate, devise,*



or ponder”.

The history of meditation extends from the *6th to 5th BC* centuries in the *Confucian, Taoist Hindu, Nepalese, Chinese, Buddhist* and *Jain cultures*. The history of meditation is intimately bound up with the religious context within which it was practiced. Some authors have even suggested the hypothesis that the emergence of the capacity for focused attention, an element of many methods of meditation, may have contributed to the final phases of human biological evolution. However; *meditation* is not limited by specific cultures and extends to modern world and western cultures in the current times.

Meditation has been considered as a “*new age treatment*” and in recent years it has developed as a main stream practice by both traditional and alternative medical providers.

Principles of “Yoga”:

- A disciplined method for attaining a goal.
- A technique of controlling the body and the mind.

These are core principles of *yoga* but variations of these principles have developed in various forms over time. In the *Hindu Vedas* and *Buddhist scriptures*, *Yoga* has been



described as:

- *Yoga*, as an analysis of perception and cognition.
- *Yoga*, as the rising and expansion of consciousness.
- *Yoga*, as a path to omniscience.
- *Yoga*, as a technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments.

Evidence through clinical trials:

There is not much literature out there that describes the benefits of *Hatha Yoga*; especially clinical trials and case and control studies. A review was conducted in 2010 on the use of *Hatha Yoga* for treating depression. The findings from this preliminary research suggests that *Hatha Yoga* may be effective in the management



of depression. Both exercise and the mindfulness *meditation* components may be helpful.

Hatha Yoga and Specific Physical Health Conditions:

1. **Back Pain** - There is evidence that *Hatha Yoga* may be effective in the management of chronic, but not acute, low back pain. The results of another study



on the efficacy of *Hatha Yoga* therapy for chronic low back pain showed that at around 24 weeks the *Hatha Yoga* group had statistically significant reductions in functional disability, pain intensity, and depression compared to a standard 6-months medical treatment. It was also concluded from this study that there was a significant trend in the *Hatha Yoga* group decreasing their use of pain medication compared that of the control group.

2. **Blood Pressure** - Although some evidence exists to suggest *Hatha Yoga* might help people with high blood pressure, overall this evidence is too weak for any recommendation to be made, and little is known of the safety implications of such an approach.

3. **Cancer** - Practice of *Hatha Yoga* may improve quality-of-life measures in cancer patients. It is unclear what aspect(s) may be beneficial or what populations should be targeted. *Hatha Yoga* has no effect on the underlying disease.

4. **Epilepsy** - No benefit.

5. **Menopause-related Symptoms** - No benefit.

6. **Paediatric Conditions** - A 2009 systematic review concludes that there is insufficient evidence to support the use of *Hatha Yoga* for any indication in the paediatric population. No adverse



events were reported, and most trials were positive but of low methodological quality.

7. Rheumatic Disease - Only weak evidence exists to support the use of *Hatha Yoga* as a complementary therapy for helping people with rheumatic diseases, and little is known of the safety of such use.

8. Mind-body Connection - The therapeutic benefits of *yoga* have been discussed by *Van Der Kolk*, who explains that because regulation of physical movement is a fundamental priority of the nervous system, focusing on and developing an awareness of physical movement can lead to improved synchrony between mind and body. This is beneficial, he says, especially for those suffering from psychological conditions



such as depression and post-traumatic stress disorder (the focus of *Van Der Kolk's* work), because an improved sense of connectedness between mind and body give rise to enhanced control and understanding of their "*inner sensations*" and state of being.

9. Hatha Yoga And Mindfulness - *Yoga* is a core component of the *Mindfulness-based stress reduction (MBSR)* program.



Drawing from recent research on the mental and physical benefits of practicing *yoga*, positive psychologists have begun to look deeper into the possibilities of utilizing *yoga* to improve life for people even in the absence of disease.

Precautions / Warnings:

- When you first start *yoga*, you may feel some initial stiffness. This will dissipate as you become used to the various movements and postures.
- As previously mentioned, do not attempt any movement or posture you are not comfortable with. Stretching should be gentle and within your personal limit. Consult with your *yoga* teacher, naturopath, or other health practitioner to determine a pace and program to meet your needs.
- If you have high blood pressure, avoid inverted postures, such as head and shoulder stands. If you are recovering from surgery or have recently had a back injury, consult with your naturopath or other health practitioner before beginning *yoga*.
- Pregnant women should avoid some movements and postures.

There are 2 sets of contraindications Permanent and Temporary:

Permanent contraindications:



- The unstable mind, mental disorders and epilepsy.
- Organic heart disease.
- Malignant tumours.
- Infections of the musculoskeletal system.
- Severe spinal injuries and recent head injuries.

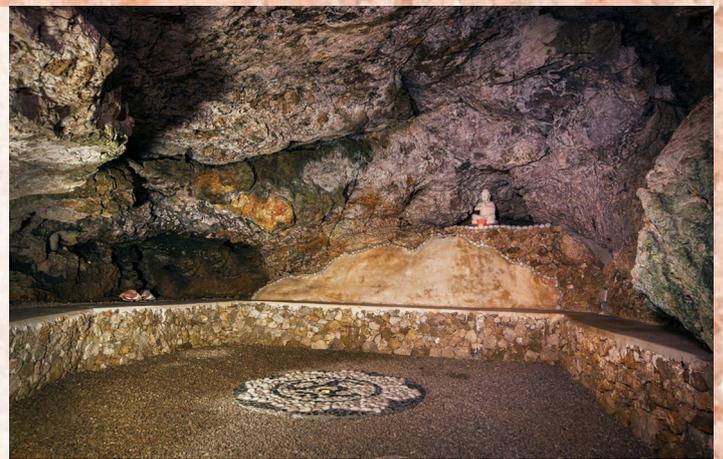
Temporary Yoga Contraindications:

- Chronic diseases exacerbation period.
- Body overheating or over-cooling, as well as having bodily temperature above 37 degrees or below 36.2 by Celsius.
- After taking a lot of medicines or drugs.



- The postoperative period.
- Severe fatigue.
- Increased intraocular and intracranial pressure.
- Violations of the vestibular apparatus.

Also avoid doing yoga in the following situations:



- If you were in the sauna or steam room less than 4 hours ago.
- Have taken meals less than two hours ago.
- If you are having some e serious condition or your body is too weak
- If you are into professional sports (this can be arguable).
- You can practice yoga and breathing exercises in modified forms if you are pregnant, under the following conditions: Special attention is paid to pranayama, relaxation exercises for the whole body (especially the muscles of the abdomen and uterus), and joint exercises. The routine is based on the trimester, and is generally very soft.
- Menstruating, the practice should be more lenient; avoid intense twisting, backbends, power asanas and standing postures. But if you feel unwell, abandon the practice completely.
- Hypertension, if you want to do inversions, do them only under the guidance of an experienced yoga teacher.
- Vegetative-vascular dystonia, the morning routine is recommended that include standing poses and



inversions.

- Spine diseases, including Osteochondrosis, scoliosis, etc. Avoid postures with forward bends from standing or sitting position.
- Arthritis and arthrosis, only therapeutic yoga is advised.
- Neuroses and chronic fatigue syndrome, do mild asanas, focusing on deep relaxation, as well as the breathing exercises.
- Varicose veins, avoid postures with balancing on one or both legs, and poses with legs pressing against the wall.
- Digestive disorders, in case of ulcer and other diseases of the digestive system, avoid twisting poses, and poses with a pronounced effect on

COLON HYDROTHERAPY

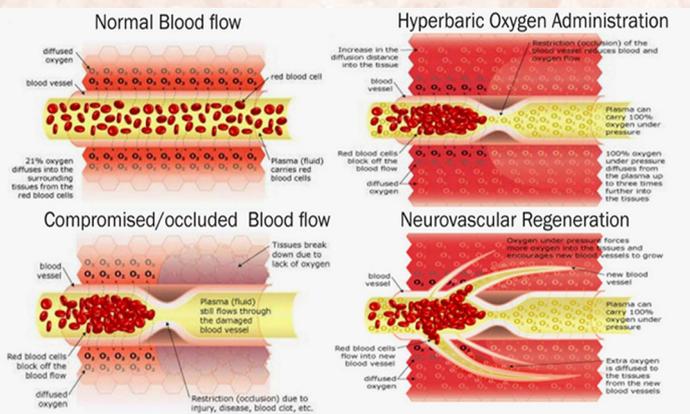
- Stress reduction.
- Anxiety and depression.
- Chronic pain.
- Early childhood abuse.
- Memory and energy improvement.
- High Blood Pressure.
- Back pain.
- Panic disorders.
- Self-esteem.
- General well-being.

No contraindications for Meditation Classes:

Since *meditation* is a gentle form of activity, focusing on inner awareness, there are no contraindications. It is recommended that the individual not *meditate* during a meal or when highly fatigued. Additionally, it is important with stress-related disorders that individuals recognize that *meditation* is not an alternative to medical treatment. As always, the individual should consult with their physician before entering a program if they are being treated for a particular injury, disease, or disorder.

Booking requirement:

Booking is essential subject to availability. For booking confirmation please provide needful information



the abdominal area.

By knowing these contraindications for *yoga* poses, you will be able to judge – at least preliminary – whether you can go for *yoga* now (or some of its poses) or not.

Indications for Meditation Classes:

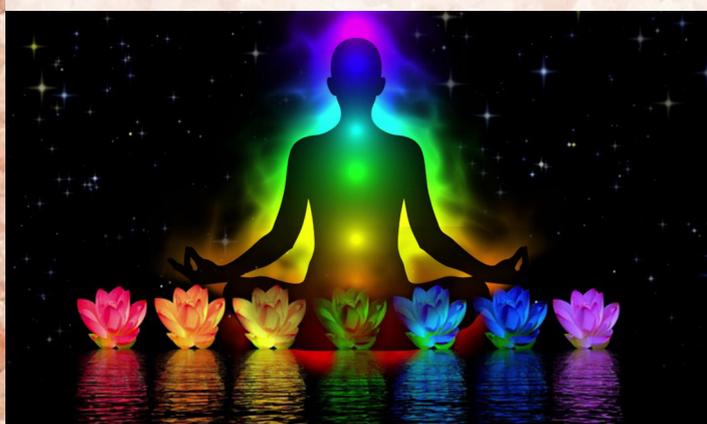
- Immune function, i.e. AIDS, Cancer.



to supplier or booking tool. 24-hour cancellation or re booking policy applies. For voucher client(s) failure to do so, voucher is forfeited. Same day cancellation or no show is not entertained unless by law. For this service(s) minimum number client(s) can be booked is 3 and maximum is 5. Please be advised *Yoga & Meditation Classes* session(s) are *only conducted at a fixed time of the day 9 AM or 7 PM.*

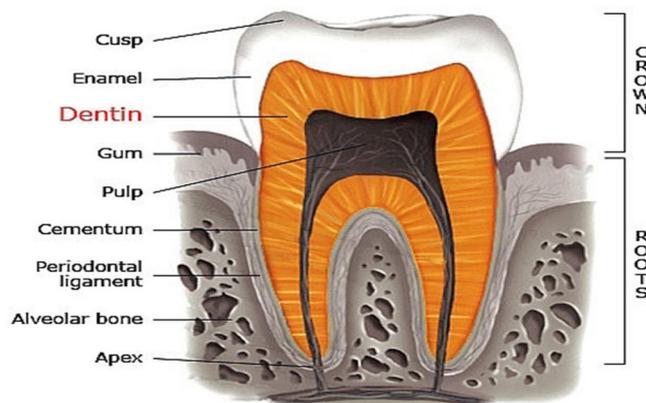
Your requirement(s) for the session(s):

Please come relaxed with comfortable clothing. Each person visiting for *Yoga & Meditation Classes* with *Salt Cave Halotherapy* please must bring two big bath towels, one hand towel and bottle of water for your *Yoga & Meditation Classes* with *Salt Cave Halotherapy* session. Please come 5 – 10 minutes prior to your booked time.



What do I wear for Yoga & Meditation Classes?

Wear comfortable clothing when you come to the centre. Encourage to do some breathing technique for good results. Follow the instructor’s teaching and techniques to enhance your skills in *Yoga & Meditation Classes*. The salt air will not harm your clothing, nor will it leave a



noticeable residue. You will be given time to change before you go for your *Yoga & Meditation Classes*. Protective wear like head cap & shoe covers are available and will be provided for you to wear before you enter the *Salt Cave*. We can accommodate a maximum of 5 clients in the *Salt Cave* for *Yoga & Meditation Classes* at one time. You can book for your 5-member group or can be single yourself or with other client during session. We request that you avoid wearing scented body lotion or perfume before or during the therapy, as some of our clients may have some form of allergy. We also request that you are mindful of others in the therapy room and always cover your mouth and nose if coughing or sneezing. Please avoid being very loud and please do not bring your mobile phones into the therapy room. The mobile phones should be placed on silent mode in your bags if you wish. We don’t have locker systems available; therefore your personal and valuable belongings are your responsibility. Please make arrangements for them accordingly. No eating or drinking is allowed inside the therapy room. We play standard, soothing music for during the *Yoga & Meditation Classes*. You are welcome to bring your own music to enjoy using your headsets.

Charges for Yoga & Meditation Classes:

Retail price per person per session for Pre – *Yoga & Meditation*



diseases, 2003.

Alina V. Chervinskaya, Prospects of halotherapy in sanatorium – and - spa dermatology and cosmetology, 2006.

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J. Hedman, The effect of salt chamber treatment on bronchial hyperresponsiveness in asthmatics, 2006.

Sala Horowitz, Salt cave therapy, 2010.

Lazarescu H, Surveys on therapeutic effects of “halotherapy chamber with artificial saltmine environment” on patients with certain chronic allergenic respiratory pathologies and infectious-inflammatory pathologies, 2014.

Dhrubo Jyoti Sen, Discard biochemical



malfunction by black salt through naturopathy, 2015.

Dhrubo Jyoti Sen, Halite the rock salt enormous health benefits, 2016.

Published abstracts on halotherapy.

Carlin Saldanha N.D, Why the right Salt is essential to your health.

Opening Hours:



We are open: 10 am- 7 pm: Mondays to Sundays (Including Public Holidays).

Location:

We are based at: 11 / 326 Sunset Road, Windsor Park, North Shore, Auckland 0632, New Zealand.

There is availability of onsite as well as off street parking for our clients.

Contact us:

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Website: <https://www.saltcavenz.co.nz/>

Also visit us on:

[Website](#) or [Facebook](#) or [TripAdvisor](#) or [Instagram](#) or [Google](#) or [Yelp](#) or [YouTube](#).

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or dispense medication, or diagnose any disease(s).

